



## Central Valley Harvest Bake

## JOSHUA COWELL ELEMENTARY SCHOOL

Manteca, California

## **Our Story**

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. Therefore, the recipe challenge team's goal was to develop a dish that featured a locally grown, dark green or orange vegetable. The team selected butternut squash because of its flavor and colorful eye appeal and the fact that it was grown in the school district's garden. This squash is a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin. The team discovered that even though a large quantity of butternut squash is grown in their area, many students had never tasted it. It was important to the team to develop a recipe that would introduce students to a delicious, healthy vegetable.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

### **School Team Members**

## SCHOOL NUTRITION PROFESSIONAL

Sandy Helsel

#### **CHEF**

Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

#### **COMMUNITY MEMBERS**

Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

#### **STUDENTS**

Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

# Central Valley Harvest Bake



Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

	50 Servings		100 Servings		Directions Process #2: Same Day Service	
Ingredients	Weight Measure		Weight Measure			
*Fresh butternut squash, peeled, cubed ½"	10 lb 8 oz	2 gal ½ qt	21 lb	4 gal 1 qt	1. Toss squash in half of oil reserving the other half for step 3.  Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray.  For 50 servings, use 2 pans.  For 100 servings, use 4 pans.  2. Roast uncovered until lightly brown around the edges:  Conventional oven: 350 °F for 30 minutes  Convection oven: 350 °F for 22 minutes  Critical Control Point: Hold at 135 °F or higher.	
Extra virgin olive oil		½ cup 1 Tbsp		½ cup 2 Tbsp		
*Fresh red onions, diced	8 oz	1½ cups	1 lb ⅓ oz	3 cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.	
*Fresh jalapeno peppers, finely diced		⅓ cup	3 oz	<sup>3</sup> / <sub>4</sub> cup		
*Fresh red bell peppers, diced	8 ½ oz	1 ½ cups	1 lb 1 oz	3 cups	<ul> <li>4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan.</li> <li>5. Roast:  Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes</li> <li>Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven.</li> <li>Critical Control Point: Hold at 135 °F or higher.</li> </ul>	
Red quinoa, dry	2 oz	¼ cup	4 oz	½ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.	
Water		<sup>3</sup> ⁄4 cup		1 ½ cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.	

🤰 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



## Central Valley Harvest Bake



Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

	50 Servings		100 Servings		Directions	
Ingredients	Weight	Measure	Weight Measure		Process #2: Same Day Service	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 1 oz OR 1 lb 1 oz	2 cups (¼ No. 10 can) OR 2 cups	2 lb 2 oz OR 2 lb 2 oz	1 qt (½ No. 10 can) OR 1 qt	8. Combine squash, black beans, quinoa, and oregano.	
Fresh oregano, chopped		½ cup 2 Tbsp		1¼ cups		
Sweetened applesauce	1 lb 9 oz	2 3 cups (14 No. 10 can)	3 lb 2 oz	1 qt 1 ⅓ cups (½ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.	
Kosher salt		2 tsp		1 Tbsp 1 tsp		
Fresh lime juice (optional)		¼ cup		½ cup		
					10. Fold in onion and pepper mixture.	
					11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans. For 100 servings, use 4 pans.	
Low-fat granola, no fruit	1 lb	1 qt ½ cup	2 lb	2 qt 1 cup	12. Sprinkle granola evenly over the top.	
					13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes	
					Critical Control Point: Heat for 135 °F or higher for at least 15 seconds.	
					14. Critical Control Point: Hold for hot service at 135 °F or higher.	
					15. Portion with No. 8 scoop (½ cup).	



The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

#### **Notes**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 3/4 gt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 134 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**COOKING BEANS** 

Once the beans have been soaked, add 1 3/4 gt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ oz equivalent grains.	50 Servings: about 14 lb	50 Servings: 2 steam table pans
	100 Servings: about 28 lb 8 oz	100 Servings: 4 steam table pans



The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide				
Food as Purchased for	50 servings	100 servings		
Butternut squash Red onions Jalapeno peppers Red bell peppers Dry black beans	12 lb 8 oz 10 oz 2 oz 11 oz 8 ½ oz	25 lb 1 lb 4 oz 4 oz 1 lb 6 oz 1 lb 1 oz		

Nutrients Pe	r Serving				
Calories Protein Carbohydrate Total Fat	97.43 2.03 g 20.26 g 1.92 g	Saturated Fat Cholesterol Vitamin A Vitamin C	0.32 g 0 mg 8911.78 IU (478.72 RAE) 18.56 mg	Iron Calcium Sodium Dietary Fiber	1.01 mg 43.98 mg 114.57 mg 3.65 g